



Headway
East Lothian
SC10
Newsletter
www.headway-astlothian.org.uk



Issue 16/12

December 2016

Christmas at Headway



Christmas Lunch





Carer meetings held on Mondays as required



Relaxation classes held on Mondays as required



Good wishes to all for the Christmas Period, and for those in hospital or unwell we wish you a speedy recovery.

Digby Brown Christmas Card & Calendar competition

We are pleased to announce that Nina-Jane Rae's entry was selected as one of this year's winners!

She will be travelling through to Glasgow on Thursday 8th December to collect her prize along with all the other winners from across the Brain Injured Community in Scotland. A representative from Headway East Lothian will also be attending to pick up the cheque for £200 from Digby Brown for being one of the winning groups.

We are so pleased to take part in this competition each year; giving members the chance to show their artistic & creative skills. Thanks to Digby Brown Soicitors and to Kathleen McMonagle for all her organisation skills and to all those who took part. Copies of the calendar will be available when we receive them from Digby Brown.

Outings for 2017

As usual outings for 2017 will be discussed, planned & fitted into the diary during January 2017 & published in the February newsletter

Paddy's Letter

Dear Sir I Write This Note To You To Tell You Of My Plight
For At The Time Of Writing It I'm Not A Pretty Sight
My Body Is All Black And Blue, My Face A Deathly Grey
And I Write This Note To Say Why I Am Not At Work Today

Whilst Working On The 14th Floor Some Bricks I Had To Clear
But Tossing Them Down from Such A Hight Was Not A Good Idea
The Foreman Wasn't Very Pleased He Is An Arkward Sod
And He Said I Had To Cart Them Down the Ladders In Me Hod

Clearing All These Bricks By Hand It Was So Very Slow
So I Hoisted Up A Barrell And Secured A Rope Below
But In Me Haste To Do The Job, I Was To Blind To See
That A Barrell Full Of Building Bricks Was Heavier Than Me

And So When I Untied The Rope The Barrell Fell like Lead
And Clinging Tightly To the Rope I Started Up Instead
I Shot Up Like A Rocket, And To My Dismay I Found
That Halfway Up I Met The Bloody Barrell Coming Down

Well The Barrell Broke Me Shoulder As To The Ground It Sped
And When I Reached The Top I Banged The Pulley With Me Head
But I Clung On Tightly None With Shock From This Allmighty Blow
While The Barrel Spilled Out Half Its Bricks Some 14 Floors Below

When These Bricks Had Fallen from The Barrell To The Floor
I Then Outweighed The Barrell And So Started Down Once More
But I Clung On Tightly To The Rope My Body Racked With Pain
And Halfway Down I Met The Bloody Barrell Once Again

Now The Force Of This Collision Halfway Down The Office Block
Caused Multiple Abrations And A Nasty Case Of Shock
But I Clung On Tightly To The Rope As I Fell Towards The Ground
And I Landed On The Broken bricks The Barrell Had Scattered Round.

Now As I Lay There On The ground I Thought I'd Passed The Worst
But The Barrel Hit The Pulley Wheel And Then The Bottom Burst
A Shower Of Bricks Rained Down On Me I Didn't Have A Hope
As I Lay There Bleeding On The Ground I Let Go The Bloody Rope

The Barrell Now Being Heavier So Started Down Once More
It Landed Right Across Me As I Lay There On The Floor

I roke 3 ribs And My Left Arm And I Can Only Say I Hope You'll Understand
Why I Am Not At Work Today

This month at Headway

1	Thu	Glasgow	Scottish Head Injury Forum
2	Fri		
3	Sat		
4	Sun		
5	Mon	Musselburgh	Andy Brown
6	Tue		
7	Wed	Haddington	New Age Kurling
8	Thu	Dunbar	Mince Pie Morning
9	Fri		
10	Sat		
11	Sun		
12	Mon	Musselburgh	Christmas Lunch at The Quay
13	Tue		
14	Wed	Haddington	Christmas Crafts
15	Thu	Dunbar	Christmas Crafts
16	Fri		
17	Sat		
18	Sun		
19	Mon	Musselburgh	Christmas Raffle Draw & Crafts
20	Tue		
21	Wed	Haddington	Christmas Party
22	Thu	Dunbar	Christmas Lunch at Hallhill
23	Fri		
24	Sat		
25	Sun		
26	Mon		HOLIDAY
27	Tue		
28	Wed		HOLIDAY
29	Thu		HOLIDAY
30	Fri		
31	Sat		

Meetings

Monday The Musselburgh East Community Association (MECA) building, Wallyford Road, just up from Levenhall roundabout 1pm - 4pm. A chance to meet over a cup of coffee. There is a café where lunch or a snack can be purchased.

Wednesday The Doughty Centre Herdmanflat Hospital Aberlady Road Haddington at 6.30pm evenings with a speaker etc. The meeting finishes at 8.30pm. We are not connected to the hospital.

Thursday we meet at Hallhill Healthy Living Centre, Dunbar on a Thursday 12 noon- 2pm for those who live in Dunbar and surrounding area.

Contact Us

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Joyce is also available at The Bleachingfield Centre, Countess Crescent, Dunbar, EH42 1DX, by appointment, Mondays, Tuesdays & Wednesdays and for outreach at other times.

Items for the newsletter to Robert Dalrymple
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Improving life after brain injury

Charity No **SC035535**